



FILE PHOTOGRAPH

Green for launch

Team Vandenberg is set to launch a Titan II rocket, like the one pictured above, Saturday at 5:58 a.m. from Space Launch Complex-4 West. The rocket will carry a Defense Meteorological Program satellite into orbit. Previously scheduled to launch today, officials re-scheduled after identifying a faulty test cable while conducting a routine pre-launch flight systems check-out Tuesday.

Utility rate hikes shock Vandenberg

Electricity costs to jump 250 percent

By MASTER SGT. TY FOSTER
30th Space Wing Public Affairs

■ Anticipating moderate to catastrophic utility cost increases due to the deregulation of California's utility rate structure, Vandenberg officials are urging base residents and workers to use energy more efficiently.

"Presently, Vandenberg hasn't been impacted by any increases in electricity costs, but electricity prices are spiking at increasingly unprecedented levels," said Ken Padilla, 30th Civil Engineer Squadron energy manager and utility engineer.

To illustrate the "catastrophic" rate increase potential, Padilla said, "Since 1996, the base has bought its electricity at \$63 per megawatt hour from Pacific Gas and Electric. Under deregulation, since the first of the year, free-market commodity prices have surpassed \$1,450 per megawatt hour."

To bring it down to a more personal level, Padilla said, "It would be like going to the commissary to pay 63 cents for a soda at noon, then returning at 2 p.m. to find that same soda costing you \$14.50. There's no way for a person to anticipate, or budget for, those kinds of increases."

To reduce the impact on the base's energy budget in work areas, Padilla offered some common sense advice.

- ◆ Use energy wisely and efficiently by turning off lights and equipment when not in use.

- ◆ Enable the 'Energy Star' feature on computers.

- ◆ Keep doors and windows closed

when the areas are either heated or cooled by mechanical means.

- ◆ Base housing residents can also reduce their consumption of base energy by practicing simple energy economy.

- ◆ Turn off the lights when leaving a room.

- ◆ Adjust the thermostat to a comfortable setting, 70 to 72 degrees, and lower the setting to about 60 degrees at night.

"Don't set your thermostat to its highest setting," he cautioned. "It won't heat your home any faster and the temperature will definitely overshoot your comfort zone."

According to Padilla, household appliances use the same amount of energy whether they're partially or fully loaded. He advised using major appliances in the morning on weekdays or anytime during weekends.

He said completing the daily mission consumes about 75 percent of the base's energy. Other utilities, fuel, oil and propane, are only a fractional percentage of the base's total utility composite.

"Of all our utilities, our electric utility budget is the largest, averaging \$900,000 per month," he said. the base's second largest utility bill is only a fraction of that at \$150,000 per month for natural gas.

In an effort to reduce dependence on PG & E's power grid, the base is considering installing electric power generators.

"We're looking into the construction and operation of a wind farm," said Capt. John Muratore, 30th CES maintenance engineer. "The wind turbines would capture wind energy and convert it to electric energy for base-wide use."

See Energy Page 8



Col. Steve Lanning
commander,
30th Space Wing

Commander's Action Line

As the wing commander, my primary focus is on the mission and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

When you e-mail or call please leave your name and contact number in case more information is needed.

606-7850

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

e-mail: actionline@vandenberg.af.mil



SENIOR AIRMAN LEE OSBERRY

Fallen heroes

Lt. Col. Michael Prucey, 30th Security Forces Squadron commander, dedicates a security forces memorial Wednesday. The memorial pays tribute to the 95 security forces men and women who have lost their lives in the line of duty.

Letters to the editor

Dear Col. Lanning,

I want to personally thank you and your staff for all the outstanding support during our recent Air Education and Training Command Inspector General inspection.



As a result of the many professionals on your staff, especially in you operations, logistics, and support groups, the 381st Training Group was able to earn an "Outstanding" rating during an intense seven-day Operational Readiness Inspection. This rating was not earned in isolation but was the direct result of "Team Vandenberg" and their total commitment to excellence.

Please thank your staff on behalf of the men and women in the 381st Training Group who train our nation's space and missile warriors and maintainers. You have a great team...thanks for everything!

Sincerely,

Col. Kenneth Van Sickle Jr.
381st Training Group commander

Dear Col. Lanning,

I wanted to take a few minutes and express my appreciation to you and your staff for Education Expo 2000 held November 29.

I was thoroughly impressed by the presentations made, tours of facilities and sites and the opportunity to ask questions. I earned a

far greater appreciation for Vandenberg after this fact-filled day.

I sincerely hope that you plan on offering a repeat of this program again in the future. I apologize for the rest of the education community who didn't take advantage of such a fantastic opportunity to learn more about Vandenberg.

If I can be of any use to you or your staff to help "Talk-it-up" or to be used as a resource in anyway, please feel free to use my name or me in any way that would be beneficial to the Expo.

I especially enjoyed the overview presentation you provided to start our day. It was very informative.

Jeff Carlovsky

Cabrillo High School principle

Dear Col. Lanning,

From all the men and women of the 30th Security Forces Squadron, we would like to thank Team Vandenberg for all the support they gave visiting posts and delivering cookies this holiday season. Their generosity was greatly noticed and appreciated.

Chief Master Sgt. Louis DeMonte
30th Security Forces Squadron manager

Dear Col. Lanning,

Thank you for sponsoring and honoring central coast veterans this November at the Officer's Club. It was particularly gratifying to have four of the six men be from Lompoc's Vietnam Veterans of America Chapter. It was truly an honor and a privilege to be surrounded by so many respectful active duty warriors.

Chris Brooks

Vietnam Veterans of America
chapter #743 president

Commander's call scheduled Monday

The 30th Space Wing **Commander's Call** is Monday. Four sessions are scheduled for 8:30 and 10 a.m.; and 2 and 3:30 p.m. in Minuteman Theater.

Commander's call is a mandatory formation and attendance will be taken.



*America's finest
professionals
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national spaceport
in the world.*

SPACE&MISSILETIMES

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30th Space Wing Commander

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Air Force service: a nation's legacy

By COL. ALAN NEWTON

30th Medical Group commander

You share in a legacy that few in this world can claim. It's not a monetary legacy calculated in dollars, but a legacy of achievement measured in units of pride.

You must, however, share this legacy with every military aviator who has lived on the edge and pushed the limits of flight.

You must share it with everyone who has worn this country's uniform before you, those who wear it now

and will wear it long after you're but a cherished memory.

The legacy of military flight didn't begin in September 1947 when the Air Force became an independent service.

It began 40 years earlier Sept. 17, 1908, when a Wright Type-A Flyer, piloted by Orville Wright, crashed during a demonstration flight at Fort Myer near Wash-

ington, D.C. required for renewal and for heroism and courage to triumph over evil.

The legacy born in the ruins of that embryonic flying machine defines you.

It's the pledge you made when you put the Air Force uniform on.

It's your bond and oath with your military comrades and the American people that you will, if necessary, give your life to preserve the lives and freedoms of others.

This truth is the irreducible essence of a military career regardless of what job you do.

If the gravity of this pledge comes as news to you—rush out, do not pass GO, do not collect \$200—get a mentor and talk to them about your solemn oath. Selfridge's death isn't as far removed from today as you might presume.

Every time any military unit holds a solemn, soul stifling memorial service for one of our comrades, it's more than an act of remembrance. It's an affirmation of the legacy we share.

From medics to missileers, police to pilots, lawyers to logisticians, it matters not in the least what job you do in our Air Force—when you chose the blue uniform you gained your share in the legacy. Still don't get it? Get a mentor. Understand it? Be a mentor and pass it on.

Why is passing on the legacy of Lt. Selfridge so important? Because to know who you are you must

know where you've been, where you are and where you're going.

In July 1909, Lt. Benjamin "Benny" Foulois took Selfridge's place next to Orville Wright. His fate was very different.

In 1910, at Fort Sam Houston, Texas, Foulois, who had taught himself to fly by correspondence with the Wright brothers, was the U.S. military's only pilot flying the Nation's only military plane.

In 1935, Gen. Foulois retired as chief of the Army Air Corps. In a span of just 25 years a vast techno-

logical chasm had been bridged. The rudimentary pusher-type Wright Flyer had grown into a B-17 Flying Fortress.

Those planes, the pilots who flew them and all their support personnel played a heroic and decisive role in defeating evil during World War II.

Many died repelling aggressive forces, but from their deaths arose the

greatest air and space force the world has ever known.

Benny Foulois embraced Thomas Selfridge's legacy. From their canvas, wood and baling wire flyer evolved a thundering, awe-inspiring weapon in the arsenal of democracy.

What will you do with your share of the Selfridge legacy?

Talk with a mentor and you just might realize that the vast reaches of space are the only limits to what you can accomplish!

"From medics to missileers, police to pilots, lawyers to logisticians, it matters not in the least what job you do in our Air Force—when you chose the blue uniform you gained your share in the legacy."

Col. Alan Newton

30th Medical Group commander



Col. Alan Newton

Ecstasy wreaks agony on Air Force careers

MAJ. JEFFREY PALMER

30th Space Wing Deputy Staff Judge Advocate

When a person takes, or “rolls” on, Ecstasy, it can be almost like an out-of-body experience.

An overwhelming sense of euphoria takes over, with all the senses peaked to maximum capacity. Ordinary things take on extraordinary dimensions.

For some, Ecstasy sounds pretty cool. But what’s really happening when you take Ecstasy? Ecstasy, or methylenedioxymethamphetamine MDMA, is a powerful chemical compound, which harms neurons that release serotonin, a chemical in the brain that is thought to play an important role in regulating memory and other functions.

Ecstasy also increases your heart rate and body temperature and can lead to severe dehydration. At the University of California at Santa Barbara, a student recently died of cardiac arrest during her first and only use of ecstasy. Also, the muscles in the jaw contract involuntarily causing teeth grinding. Frequently, the cheek lining and tongue are chewed without the user realizing it, so an infant pacifier is a standard piece of the drug user’s paraphernalia.

In people who use Ecstasy, the lasting effects include significant impairments in visual and verbal memory, impairments in other cognitive functions such as the ability to sustain



IMAGE COURTESY OF EROWID.ORG

These are 99 of the different types of Ecstasy pills. Ecstasy, also known as MDMA, is commonly used at all-night dance parties called “raves.” Air Force members caught using Ecstasy are subject to punishment under the Uniform Code of Military Justice.

attention or reason verbally.

The first studies of the neurotoxic effects of Ecstasy occurred more than seven years ago on research animals. Today, the animals are brain damaged. One conclusion drawn from these studies is that the effects of Ecstasy are long lasting and possibly permanent.

Perhaps some are willing to put their body through that experience and risk the dangers of side effects, but at what

personal cost? You may have noticed recently a number of articles in the *Space & Missile Times* reporting prosecutions of Ecstasy users at Vandenberg. There were five Ecstasy courts-martial here last year. There were also a few Ecstasy users who received Article 15 punishments and discharges.

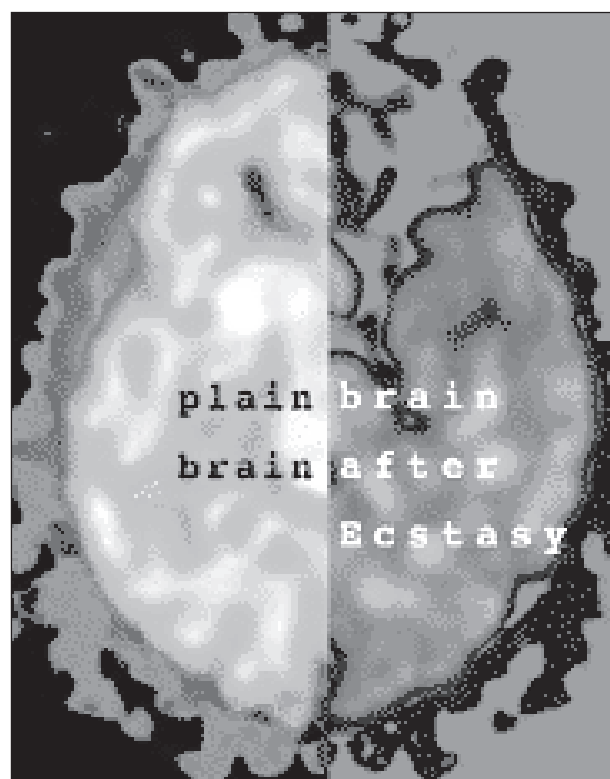
While each case was handled differently, based on the specifics of the

particular case, one common theme links them all. Each of those young people’s lives has changed forever. I seriously doubt that any of them considered the full impact Ecstasy would have on their career or their future when they “rolled.”

In 2000, the number of Ecstasy investigations conducted by the AFOSI increased by more than 400 percent from 1999. Air Force wide, the number of positive urinalysis tests for Ecstasy increased by more than 200 percent from 1999. While it has quickly become the drug of choice for young people across the country, it’s now encroaching on the Air Force. Where does it all end?

Well, if you’re in the Air Force it has to end here and now. Education is one of the keys to deterring illegal drug use by our people. Everyone needs to understand the consequences of Ecstasy use—not just the physiological consequences to the body and brain, but the personal consequences to their Air Force careers and to their aspirations for the future.

There should be no misconceptions that because Vandenberg is in California, the drug laws are more relaxed. We’re not just in California, we’re in the Air Force! The next time you pass Vandenberg’s confinement facility, consider the lives of those young people locked inside – could a few moments of Ecstasy ever be worth that?



NATIONAL INSTITUTE ON DRUG ABUSE IMAGE

This image shows the damage Ecstasy inflicts on the human brain.

Court convicts 532nd TRS airman on Ecstasy use, distribution charges

2ND LT KAREE GREENE

30th Space Wing Legal Office Transition Student

■ A student with the 532nd Training Squadron was convicted here Dec. 13 in the fifth court-martial of 2000 involving the controlled substance Ecstasy.

In his general court-martial, Airman 1st Class Jacob Velner pleaded guilty to wrongful use and distribution of Ecstasy. These actions were in violation of Article 112A of the Uniform Code of Military Justice.

The panel, consisting of three officers and four enlisted members, sentenced Velner to four months confinement, forfeiture of \$400 per month for four months, reduction in rank to airman basic and a reprimand.

According to the trial record, Velner and other military members attended an all-night dance party, commonly known as a rave, in San Luis Obispo, Calif. During that, and subsequent other raves, Velner took Ecstasy and supplied the drug to two other people.

Giving the drug to others was the basis for his distribution charge.

Velner also pleaded guilty to violating Article 107 of the UCMJ and making a false official statement concerning an investigation by the Air Force Office of Special Investigations.

During the investigation, Velner lied, verbally and in writing, to AFOSI agents in an attempt to hide the extent of his involvement.

On one occasion, San Luis Obispo law enforcement officers stopped Velner after a rave but released him without charges.

“Despite what should have served as a wake-up call, Velner continued his involvement with drugs. Now he’s in prison – a tough lesson for someone so young,” said Capt. Mike Christy, 30th Space Wing judge advocate trial counsel.

Velner is currently serving his sentence at the Vandenberg Corrections Facility.

NEWS YOU

CAN USE

30TH SPACE WING QUARTERLY AWARDS LUNCHEON DATE CHANGES

The fourth quarter awards luncheon date is re-scheduled for Wednesday. The luncheon will begin at 11:15 a.m. in the ballroom of the Pacific Coast Club. For information, call Senior Master Sgt. Ronnie Blankinship at 606-2828.

COMPTROLLER SQUADRON CHANGES CUSTOMER SERVICE HOURS

The finance office customer service section has changed their Thursday operating hours to 8 a.m. to 6 p.m. Customer service hours for the rest of the week will remain the same: Monday, Tuesday and Friday 8 a.m. to 4 p.m. and Wednesday from 10 a.m. to 4 p.m.

MASTER SERGEANTS SHOULD REVIEW PROMOTION RECORDS

The 2001 senior master sergeant promotion board dates are Feb. 5 to 23. All promotion-eligible master sergeants should check their promotion data verification rips to ensure all information is correct. To receive a DVR, e-mail Senior Airman Tonnetta Turner or Tech. Sgt. Amber Boerner at the military personnel flight. Additionally, all promotion-eligible master sergeants can check their records at the Air Force Personnel Center by calling DSN 665-2353.

CALIFORNIA AIR GUARD RECRUITER HAS OFFICE IN BUILDING 11777

The California Air Guard 148th Space Operations Squadron recruiter has moved into Building 11777, room C-220B. For more information about joining the guard, call Tech. Sgt. Roger Tilson at 605-4678.

CHIEF'S GROUP HOLDS CHIEF INDUCTION CEREMONY JAN 27

The Vandenberg Chiefs' Group will hold the 2001 chiefs' induction ceremony Jan. 27 at the Pacific Coast Club. A social hour will begin at 6 p.m. followed by dinner at 7. Dress for the evening is Mess Dress or semi-formal for military and coat and tie for civilians. For more information call Chief Master Sgt. Greg Egan at 606-1522.

VANDENBERG HONOR GUARD SEEKS ADDITIONAL MEMBERS

The Vandenberg Honor Guard is looking for volunteers. Buglers are also needed. For more information, about joining the Honor Guard, call Staff Sgt. Dalhia Shelton at 606-3654.

TRICARE DENTAL PLAN GOES INTO EFFECT IN FEBURARY

The new TRICARE Dental Plan is effective Feb. 1. United Concordia, Inc. will continue to administer the dental program.

All active-duty members who have family members enrolled in the old TRICARE family member dental plan will be transferred auto-

matically. All TDP enrollees should receive a dental card that can be used as proof of entitlement. New enrollment applications for the TRICARE Dental Plan need to be submitted directly to UCCI. New enrollments must be received at UCCI by Jan. 20, to receive TRICARE Dental Program coverage at the start-up of the program Feb. 1. People can pick up the new enrollment form at the Health Benefits Office, dental treatment facility, the uniformed services personnel office or by calling the dental contractor, UCCI, at (888) 622-2256. Enrollment applications are also available at www.ucci.com

CONTRACT OFFICE ANNOUNCES TRASH PICK-UP SCHEDULE

Bulky trash items will be collected on the second and fourth Mondays of each month. Green waste is picked up every Tuesday. Recyclable waste is collected every Wednesday. Regular refuse is picked up every Thursdays in main base housing. Friday is the regular refuse pick-up day for East Housing and the mobile home park. For more information, call James Blankenship at 606-1927.

N & N TRAVEL AND TOURS REPLACES OMEGA WORLD TRAVEL

N & N Travel and Tours replaced Omega World Travel Jan. 1. They are located in Building 11777, Room C-113. The government passenger travel office has also moved to this location. For more information, call Staff Sgt. Chemba Loman at 606-3668. For travel arrangements with N & N, call 734-4382.

ENLISTED PME COURSE DISENROLLMENT RESTRICTIONS

As of Monday students disenrolled from enlisted professional military education distance learning programs for non-participation will incur a one-year enrollment restriction. This is a change from the previous six-month restriction. Students disenrolled for course failure and those who voluntarily disenroll will continue to incur a six-month restriction.

HOUSING WALL ON CALIFORNIA BOULEVARD UNDER CONSTRUCTION

The block wall along California Boulevard next to family housing will be replaced from the main entrance to Oregon Avenue. The project is scheduled to begin in early February and be completed in October. The work will be accomplished in three equal phases starting at the main entrance. A temporary fence will be installed at housing units affected by the project. Personal notifications will be issued to each housing occupant in late January with specific details of the project and construction activities. Questions regarding the project may be directed to Eddie Barnette, 30th Civil Engineer Squadron at 605-4658.

BAH rates reduce out-of-pocket expenses

■ WASHINGTON—New basic housing allowance rates took effect Jan. 1, with increases seen in the majority of housing areas while all other rates will remain stable. The new rates reflect a more than \$400 million increase in funds added by the Defense Department and Congress for fiscal 2001.

The new rates have increased in about 75 percent of the housing areas and will remain the same in remaining areas, said Maj. Shannon Averill, chief, Air Force pay and allowances.

The rates reflect a continuing congressional intent to reform housing allowances to stabilize military members' out-of-pocket expense, according to Defense officials. The goal for fiscal 2001 was 15 percent median out-of-pocket expenses for service members, compared to nearly 19 percent last year.

The secretary of defense has taken reform efforts a step further and announced his plan last year to reduce median out-of-pocket costs to zero by 2005, officials said.

DOD made a conscious decision not to decrease BAH rates even though median out-of-pocket expenses in some areas were below 15 percent, Averill said. "It didn't make sense to raise out-of-pocket expenses by lowering BAH rates only to come back in the following years to buy it down to zero. This sends a strong message of commitment to our troops."

The new rates are based on local median housing costs identified by Runzheimer Inc. during annual data

collection. Rates are calculated from a median housing cost for a particular military housing area within 25 miles or one-hour commute (in traffic) to a duty location, according to Defense officials. Housing standards used to establish median costs were derived from affordable, adequate, quality housing where comparable civilians reside. Median housing costs were derived from a specific dwelling size rental cost with average utilities and renter insurance included.

Additionally, data was collected from military housing offices, realtors, newspapers, magazines, and Web sites for each area. An out-of-pocket expense is applied to each median housing cost for each grade with and without dependents, regardless of location.

"So the end result is a typical staff sergeant stationed at Minot Air Force Base, N.D., or at the air staff at the Pentagon, will pay the same for median out-of-pocket expenses," Averill said.

"Runzheimer collects data each year to establish the median housing costs for the following year," Averill said. "Commanders are encouraged to engage with their military housing offices to ensure data submitted is representative of where we want our troops to reside."

The approved fiscal 2001 BAH rates will be posted by Jan. 1 on the Defense Finance and Accounting Service Web site and on the Per Diem Web site at www.dfas.mil. *Courtesy Air Force Print News.*

This chart is a comparison between the 2000 Basic Housing Allowance rates and 2001 rates.

Grade	with dependents		without dependents	
	2000	2001	2000	2001
O-7+	1,180	1,313	991	1,116
O-6	1,159	1,297	960	1,065
O-5	1,118	1,287	922	1,029
O-4	1,019	1,207	886	985
O-3	892	1,091	727	853
O-2	736	910	668	732
O-1	724	764	612	674
O-3E	949	1,145	783	914
O-2E	881	1,082	687	818
O-1E	784	993	679	744
E-9	993	1,125	791	830
E-8	952	1,050	727	778
E-7	839	979	648	712
E-6	771	914	617	679
E-5	719	744	586	639
E-4	673	702	573	573
E-1 – E-3	673	674	573	573

All amounts are listed in dollars.

Effective Jan. 1, the Basic Allowance for Housing rate increased for many people who live off-base. BAH rates are calculated from a median housing cost for housing within 25 miles of the base or a one-hour commute.



FILE PHOTO

A Titan IV lifts off from Space Launch Complex-4 East. The Air Force accounts for 85 percent of the military's space-related budget activity.

Commission calls for consolidated space functions

BY STAFF SGT. A.J. BOSKER
Air Force Print News

■ WASHINGTON—A Jan. 11 report submitted to Congress by the Space Commission calls for the consolidation of Air Force space functions into a single organization to create a strong center of advocacy for space and an environment in which to develop a cadre of space professionals.

The commission, established by Congress last year to assess the organization and management of space activities in support of national security, determined that the right place for space is a realigned and rechartered Air Force, best suited to organize, train and equip space forces.

Air Force Space Command would become the focal point for developing this cadre and advocating education and training programs for space professionals. The command should be given the responsibility for providing the resources to execute space research, development and operations, the commission recommended in its report.

The Space Commission report also

calls on the defense secretary to designate the Air Force as Executive Agent for Space within the Defense Department since the service already accounts for 85 percent of DOD's space-related budget activity.

Additionally, the commission recommends statutory responsibility be given to the Air Force to organize, train and equip for prompt and sustained offensive and defensive air and space operations.

The report also recommends assigning responsibility for command of AFSPC to a four-star officer other than the commander in chief of U.S. Space Command and North American Aerospace Defense Command.

Currently, the same general officer holds all three positions. This recommendation by the commission is designed to give each commander more time to focus on his primary roles and responsibilities.

The recommended realignment of space activities within the Air Force would create a single chain of authority and give the service a clear opportunity to create a space-oriented culture

comprising military professionals who could directly influence the development of systems and doctrine for use in space operations.

"As space becomes more integral—and critical—to military land, sea and air operations, the U.S. must devote more attention to the sensitive issues of space control and superiority," said Gen. Ralph E. Eberhart, commander in chief, NORAD and USSPACECOM; commander, AFSPACECOM.

"The importance of space control and space superiority will continue to grow as our economy becomes more reliant on space," he said.

The Air Force has long recognized the importance and potential of space capability to the nation and welcomes the report from the (Space Commission), Air Force officials said.

As the primary provider of space capability within DOD, the service is encouraged by the attention national space security is receiving. The Air Force will assess the full Space Commission report and will develop a position on all its recommendations.



AIRMAN 1ST CLASS AMANDA EDWARDS

Master Sgt. Tony Bonilla, base tax office technical advisor, teaches Team Vandenberg's tax volunteers the "ins and outs" of federal and state tax form preparation during two weeks of training. Increased standard deductions, higher personal exemption amounts and the addition of a California childcare credit are among the changes for this tax filing season.

Vandenberg's tax office is ready for busy season

BY MASTER SGT. TY FOSTER
30th Space Wing Public Affairs

■ Operating under the Volunteer Income Tax Assistance program, the base tax office can provide free tax preparation for all active-duty, dependent, Reserve, and retired military members.

"We have volunteers who can prepare and file taxes beginning Monday," said Ann Fox, base tax office coordinator.

With varying experience levels, the VITA program unit representatives receive extensive training prior to working with people's taxes.

"The Internal Revenue Service and the California Franchise Tax Board train them to complete a wide variety of forms," she said.

VITA provides tax preparation services, including electronically filing federal and state returns, short and long.

"During the 1999 tax season, we electronically filed more than 1,200 returns," said Master Sgt. Tony Bonilla, base tax office technical advisor.

Fox has set the goals higher for this tax year.

"This year we plan on electronically transmitting all states, not just California," she said. "In order to do this, we must send both the federal and state forms in at the same time."

She said this will reduce the time for state refunds from about six weeks down to two or three weeks.

"Last year, volunteers prepared nearly 2000 federal and state returns, totaling more than \$1.36 million in refunds," Fox said. "VITA saved Team Vandenberg more than \$133,000 in tax preparation fees."

Direct-deposit refunds for federal taxes will normally be in the tax client's account in less than 12 days, Fox said.

Depending on the complexity of the return, most can be completed in approximately 30 minutes. The more complex the return, the more time required.

For more information, contact your unit tax representative or the tax office at 606-3668.

■ Tax clients need to bring the following items to their appointment:

- ◆ Social security numbers for all dependents.
- ◆ W-2 forms from employers.
- ◆ Bank statements
- ◆ Student loan interest documentation.
- ◆ Mortgage and real estate tax forms.
- ◆ Day-care providers' social security numbers and amounts paid.
- ◆ Any other income or deductible information.

95th Uniform Board results effective Feb. 1

■ WASHINGTON—Personnel officials said the 95th Uniform Board results will take effect Feb. 1 because of the extended time required to incorporate all the decisions, changes, and updates into the Air Force's instruction on dress and appearance of its members.

Air Force Instruction 36-2903 states Air Force Uniform Board results take effect when incorporated into the instruction; however, because of the extended time required to update the instruction, the uniform board's results will become effective next month.

The results of the board are:

- ♦ When wearing ribbons, all — including devices — are required.

- ♦ Fingernail length can not interfere with duty performance or hinder proper fit of prescribed safety equipment or uniform items.

- ♦ Attaché cases, gym bags, backpacks and women's purses are authorized to be carried in either hand, but cannot interfere with giving a proper salute.

- ♦ Attachments for access badges/passes are authorized (plain dark blue or black ropes,

silver or plastic small link chains, and clear plastic chain) as long as they do not interfere with safety; they must be conservative and free of advertisement.

- ♦ Center the excellence-in-competition badge on the welt pocket of the service dress jacket. The pharmacy technician certification badge may be worn on the utility uniform (whites) 1/2 inch above nametag.

- ♦ "Camel pack" water containers are approved as part of standard hot weather uniform.

- ♦ The re-sized mini-badge is authorized for wear when available for purchase.

Although the topic of nametags was not addressed by the board, questions continually arise, according to personnel officials.

The AFI states nametags must be "laminated ultramarine blue plastic material with white, block-style letters engraved on the plastic and a clutch-type fastener."

Additionally, the instruction states no additions can be made. Epoxy resin covered or coated nametags are not authorized. *Courtesy of Air Force Print News.*

Technology aids in efficiency

ENERGY from Page 1

The Energy Savings Performance Contracting Program is the base's most effective frontline tool for managing energy costs, Padilla said.

"This program allows the base to provide cost effective energy upgrades for every facility on base," he said.

"It not only reduces base-wide energy consumption, but it also improves equipment performance and increases human comfort," the energy manager added.

Last year, Vandenberg's electricity consumption decreased by 8.8 percent and

natural gas consumption decreased by 14.5 percent, Padilla said.

"Today's technology allows us to maintain productive levels of comfort while saving energy," Muratore said.

"Today's buzzwords are 'energy efficiency' not 'energy conservation.'"

Efficiency means using the minimum amount of resources to accomplish a desired objective, while conservation means doing without.

"Let's do everything efficiently so we don't have to do without!" Muratore said.

COMMUNITY

CALENDAR



AIRMAN 1ST CLASS AMANDA EDWARDS

Wall Beach facelift

Workers from the 30th Civil Engineer Squadron continue construction on the new road and parking area around Wall Beach. Work on the project began in mid-December and is expected to be complete Thursday. The project was delayed one week due to the recent rains.

19 FRI The Santa Barbara Dance

Theatre will be perform "Ghost Dances: Voices from the Past," today through Sunday at the Hatlen Theatre on the University of California Santa Barbara campus. Show times are 8 p.m. Friday and Saturday and 2 p.m. Sunday. Cost of the event is \$16 and \$12 for students and seniors. For more information, call the UCSB Arts and Lectures box office at (805) 893-3535.

The health and wellness center is holding an **open house today** from 9 a.m. to 2 p.m. The event includes cholesterol management and herbal education classes as well a Chi Kung relaxation class. Food and beverages will be served throughout the day. For more information, call the HAWC at 606-2221.

20 SAT During Christian Unity Week,

the base chaplains will exchange pulpits during the Catholic and Protestant worship services Saturday and Sunday. For more information on this and

other chapel events, call 606-5773.

22 MON The community support center is holding a

sponsorship training class Monday at 3 p.m. The class teaches the responsibilities and and resources available in sponsoring a newcomer to Vandenberg. For more information, call 606-0801.

23 TUE The community support center is holding a

Veteran's Affairs home loan workshop Tuesday at 1:30 p.m. The class teaches the basics of the VA home loan process. For more information, call Sunny Park at 605-0134.

The community support center is holding a **newcomer spouse's orientation** Tuesday from 7:45 a.m. to 12:30 p.m. in the Pacific Coast Club. The workshop provides new arrivals an opportunity to learn about the services and activities on and off Vandenberg. For more information, call 606-0801.

See CC Page 12

Team Vandenberg's Desert Storm memories



CONTRIBUTED PHOTO

Tech. Sgt. Lewis Engstrom (right) at a bunker at King Fahd Air Base, Saudi Arabia.

NCO's journal brings back vivid recollections

TECH. SGT. LEWIS ENGSTROM

14th Air Force intelligence and information, superintendent

During Desert Shield and Desert Storm, I was a C-130 loadmaster stationed with the 37th Tactical Airlift Squadron at Ail Ain Air base in Dubai, United Arab Emirates.

Looking through my journal has brought back vivid memories of my time in the gulf. The following are excerpts taken from the journal I kept during Desert Shield/Storm.

Aug. 15, 1990: We have departed Rhein-Main Air Base, Germany on what is to be a two- to four-week

contingency in support of Operation Desert Shield

Jan. 17, 1991: Today at 0400 we were awakened by the public address system. We were told that U.S. and Coalition Forces began the air war over Iraq and Kuwait. It's hard to believe that we are officially at war.

March 29, 1991: We landed at Rhein-Main AB, Germany. After a short wait, we opened the door and were greeted by a huge crowd waving flags and yellow ribbons. Jenny spots me before I see her. She is holding our four and half month old daughter. They are the most beautiful things I have ever seen.

Time in gulf filled with excitement, uncertainty

MASTER SGT. MICHAEL FOX

30th Space Wing Manpower Office, superintendent

I deployed to King Abdul Aziz Air Base, Dhahran, Saudi Arabia Aug. 15, 1990, with the 1st Tactical Fighter Wing Langley AFB, Va.

During my stay in the desert, I performed F-15 avionics maintenance. Our F-15s flew patrol missions along the Iraqi border in support of operation Desert

Storm and Desert Shield.

It was an exciting time of uncertainty that included living in open-bay barracks with 50 other guys and running for cover from scud missile attacks.

During my stay in the desert, my daughter Melody was born. She was 7 weeks old when I returned to the states in the middle of March 1991. That was a homecoming that I will never forget.



CONTRIBUTED PHOTO

Sgt. Steve LeBrun (second from right) at Area Horse in the Saudi Arabian Desert November 1990. Area Horse was used as a training area by Coalition Forces.

AF weatherman assigned with Army Cavalry division

TECH. SGT. STEVE LEBRUN

30th Weather Squadron

I was deployed to Saudia Arabia from Sept. 29, 1990, through April 14, 1991 at the time I was a sergeant assigned to Detachment 14 at the 5th Weather Squadron at Fort Hood, Texas.

I was part of a five-man Air Force weather team attached to the Army's 1st Cavalry Division, Aviation Brigade. I was deployed to various field locations including King Khalid Military City and Hafr Al Batin. During the ground war, I crossed the neutral zone into Iraq where we engaged the enemy.

I provided specialized electro-optical forecasts to the Army's AH-64 Apache helicopters. The forecast allowed the pilots to see thermal signatures of their targets.

I will never forget the homecoming and the outpouring of public support.



TECH. SGT. MARK BRINDISE

Fix it up

Airmen from the 1st Vehicle Maintenance Squadron at Al Kharj Air Base, Saudi Arabia build a vehicle maintenance facility in March 1991. Maintainers rebuilt more than 4,000 vehicles that were damage during Desert Storm/Shield.

Permently assigned airman reflects on events

MASTER SGT. DOUGLAS FISCHER

576th Flight Test Squadron

I was permanently assigned in Riyadh, Saudi Arabia with my family in August '90. We were informed that Iraq had 1,000 tanks on the Kuwait and Saudi border and were planning on invading.

This was significant because there were no deployed personnel in Saudi yet, and

we had no way of fending off Iraq. Evacuation routes were in place and we got within 24 hours of executing this evacuation.

Another significant event happened while talking to my dad on the phone and telling him Scuds can't hit Riyadh. About that time, the Patriot batteries sounded and knocked out a Scud that landed south of where we lived.

Southwest Asia today

By BRIG. GEN. ALLEN PECK

Commander, 363rd Air Expeditionary Wing

This month marks the 10th anniversary of the onset of Operation Desert Storm, in which a broad international coalition used force to liberate an occupied Kuwait from the grasp of a regional bully.

The regional bully persists today, but in a much weaker and contained form, far less able to threaten the peaceful nations in the region than at any time since the Gulf War.

While Baghdad has not embraced democracy, there is no doubt this region is a safer and better place due to the dedication and professionalism of the forces deployed to defend our interests.

Although our adversary to the north remains familiar, the last 10 years has been a period of significant change, as the world's militaries grappled with post-Cold War realities. After the Gulf War, the U.S. military reorganized and downsized, maintaining its lethality in reduced form.

The Air Force has recognized the contribution of space-based assets, placed added emphasis on information operations, and re-invigorated our approach to command and control of airpower. Although with noticeable growing pains, we recently began the transition into an "expeditionary" force, which in the long term will increase predictability for military families and improve the capabilities of deployed forces.

Operation Southern Watch began as a short-term effort to protect the Shiite



DOD Photo

U.S. and Saudi military personnel survey the damage to Khobar Towers caused by the explosion of a fuel truck outside the northern fence of the facility on King Abdul Aziz Air Base near Dhahran, Saudi Arabia, June 25, 1996, at 2:55 p.m. Several buildings were damaged and there were numerous U.S. casualties. Within months, the base at Dhahran was shut down and U.S. forces were moved to bases in the country's interior. Several Team Vandenberg members are deployed to locations in Saudi Arabia.

populations in southern Iraq. U.S. aircraft have flown more than 200,000 sorties in support of this operation, which has patrolled the southern no-fly zone since August 1992.

The operation has evolved into a key component of national policy in the region. By limiting training opportunities for the Iraqi air force, the no-fly zones have contributed to the steady decline in Iraq's military capabilities. The operation also provides valuable intelligence on Iraqi force movements, giving an invaluable additional margin of warning regarding potential threats to Kuwait.

The 363rd Air Expeditionary Wing has evolved as well - we've taken

quantum leaps in our quality of life, upgrading from tents to trailers to, in many cases, hard billets.

The combat capability of this warfighting organization is second to none - last year alone we safely and effectively flew nearly 12,000 sorties in support of Joint Task Force Southwest Asia's important mission.

We've seen our share of tragedy during the last 10 years: 19 members of this wing were killed and hundreds wounded in the terrorist bombing of Khobar Towers in 1996.

The attack on the U.S.S. Cole last October once again reminds us of the dangers associated with defending

freedom and protecting national interests in this part of the world.

Let no one underestimate our resolve to deter aggression against our allies or against us.

The world is a better place because of the sacrifices 363rd members are making every day in a volatile region far from home.

Our work here is far from over. But patience and diligence among the coalition nations will eventually lead to regional security and prosperity, as we set out to do 10 years ago. Thanks to the efforts of those deployed here and their predecessors, we are getting closer to the goal every day.



CONTRIBUTED PHOTO

Maj. John Cherry

Essays from Eskan Village

Editor's note: Maj. John Cherry is on temporary duty as part of Air Expeditionary Force-2.

MAJ. JOHN CHERRY

30th Space Wing Public Affairs director

Greetings from Eskan Village, Kingdom of Saudi Arabia. I'm writing to you from the 320th Air Expeditionary Group public affairs office. I've been here about five weeks. In some ways, it feels like I've been here longer.

The 320th is the host unit here. We're charged with supporting the

joint task force responsible for prosecuting the mission for Operation Southern Watch. Eskan also houses Army forces assigned to Army Central Command. Eskan is a one square-mile facility adjacent to Riyadh, the capital city.

The weather here greatly resembles the warmer Vandenberg weather pattern. Highs during the day have ranged from 70 to 80 degrees. Lows at night have ranged from 45 to 55 degrees. Every day is clear and a little breezy.

The holiday season went by very quickly here. It really didn't seem like Christmas, but the dining facility put on a great spread that really helped lift everyone's holiday spirits.

Our Team Vandenberg folks are doing a very important job here. You should be proud of what they do and how well they do it. I look forward to writing again soon.

If you have questions you want answered in future columns, e-mail me at John.Cherry@eskan.af.mil.

I look forward to hearing from you.

COMMUNITY

CALENDAR

CC From Page 9

22 MON **Allan Hancock College**, in partnership with La Purisima Mission State Historic Park, is now offering college credit courses for spring semester 2001. Two new courses, California History and Park Law Enforcement, will be held at La Purisima State Historic Park. For more information on these and other Allan Hancock programs, call 605-5902 or (805) 922-6966 extension 3284.

The community support center is offering an **Individual Retirement Account class** Monday at 1 p.m. The workshop is designed to determine which IRA is best for you and your family. For more information, call 606-4491.

23 TUE A **veteran's administration home loan** workshop has been scheduled for Tuesday at 1 p.m. in the family support center. The workshop will cover the basics of the VA home loan process, like applying for a loan and understanding the entire VA escrow procedure. To register, call Sunny Park at 605-0134.

24 WED The community support center is holding a workshop on **local job opportunities** Wednesday at 10 a.m. The class focuses on local employment opportunities and how to add your resume to the Air Force and local websites. The workshop is open to all active duty members and their families, DoD civilians and retirees. For more information, call Tinisha Agramonte at 605-8557.

The **Vandenberg Officer Christian Fellowship** group meets every Wednesday evening at 7 p.m. For more information call Col. Kenneth Van Sickle at 606-4315 or

Chaplain (Maj.) William Toguchi at 606-5773.

25 THUR The Protestant women of the chapel invite all interested women to join them on Thursday for a **beginner quilting class** at 10 a.m. For more information, call Lucille McLain at 733-2630.

28 MON The **Single's Ministry video class** on relationships begins a video series entitled, "*Song of Solomon*," Jan. 28 at 5 p.m. in the Chapel One Annex. The series discusses issues such as romance, dating, courtship, intimacy, conflict resolution, commitment and marriage. The class is open to married and single people. Food and drink will be provided. For information on the video series, call Chaplain (Capt.) John Shipman at 606-5773.

1 THUR The **Vietnam Memorial Wall replica** will be in Nipomo Feb. 1 through 4 at 170 S. Frontage Road. The wall is scheduled to be open 24-hours a day during its stay. Admission to the site is free. A pancake breakfast and lunch will be served during the final two days of its display.

4 SAT Boys and girls ages 10 through 14 can participate in the 2001 Knights of Columbus **Free Throw Championship** Feb. 1 at 4 p.m. in the fitness center. For information, call 734-9506.

5 SUN The Lompoc Pops Orchestra presents "*2001 Space Odyssey*," featuring a tribute to Vandenberg Feb. 5 at 7:30 p.m. at the Trinity Church of the Nazarene in Lompoc. For information, call 733-5102.

HAWC answers workout questions

Following regular strength program improves overall physical health

BY TYSON GRIER M.S.

Health and Wellness Center

■ Having set up exercise programs for quite a few individuals in the past few years, some of these individuals have had some fears and misconceptions about beginning a strength-training program.

One misconception that women sometimes have about strength training is that they will develop these giant, bulky muscles within days of beginning a basic, strength-training program. This is not true because the average woman does not produce significant quantities of testosterone in order to really bulk up.

Those women you see on TV with giant muscles have higher than normal testosterone levels, are genetically predisposed to develop muscles or have lower estrogen to testosterone levels. However, only six to eight percent of the population meets this criteria and these women work out extremely hard in order to build muscle mass.

Another misconception about strength training is that it will add inches to one's appearance and therefore make them look fat or put them over their maximum allowable weight and possibly qualify them for the Weight Management Program.

First of all, muscle and fat are two different tissues and one cannot turn into the other. Second, muscle has a higher density than fat and therefore takes up less space.

Finally, every pound of muscle uses approximately 35 calories a day to maintain itself whereas every pound of fat only uses two calories a day to maintain itself.

Therefore, if you gain 10 pounds of muscle mass (which would probably take about a year or more if working out on a regular basis and being new to strength training) it would require your body to use an additionally 350 calories a day.

The last misconception individuals might have about strength training is that it reduces flexibility. However, research shows that if weight training is performed properly it can actually improve your flexibility.

For those of you who are unfamiliar with strength training, it's not as difficult as you would think. To stay in good physical health, all it takes is two to three days of performing one to three sets of 10 to 15 repetitions.

If you don't have a whole lot of time, it is possible to be in and out of the gym 25 to 30 minutes and still get a great workout.

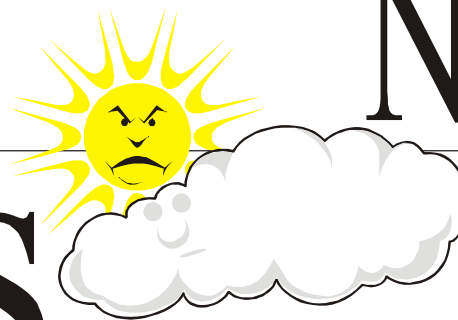
Here are some of the benefits of a regular strength training program:

- ◆ Improves sports performance.
- ◆ Increases bone density and lean body mass.
- ◆ Reduces cholesterol and high blood pressure.
- ◆ Increases balance, coordination and body awareness.
- ◆ Contributes to a positive body image.
- ◆ Helps maintain a healthy body weight.
- ◆ Decreases the risk of injuries.

If you are unfamiliar with strength training, the Vandenberg Health and Wellness Center offers a beginning strength-training class at the gym every third Thursday of the month from 2:00-3:00 p.m.

The gym also has personnel who can work on a one-on-one basis for an individualized strength-training program.

S 30th Services NEWS



ACTIVITIES



HIKING TRIP -

Jan. 27, 2001 at 10 a.m. \$5 per person.

Meet at Equipment Checkout, Building 11238.

Hike Honda Canyon along the hillsides, return along the creek. Hike is two to three hours, moderate to difficult. Bring water. Dogs allowed if on leash.

SAND VOLLEYBALL -

Feb. 3 at 10 a.m. at Cocheo Park. \$15 per person.

Noncompetitive, fun tournament. Picnic-style lunch. Signup deadline: Jan. 26.

FISHING SEMINAR -

Feb. 10 at 11 a.m. \$15 per person. Preregister at Building 11238.

Meet at Equipment Checkout, Building 11238. Eric Holcomb, our fishing expert, will be there to assist and give instructions and advice.

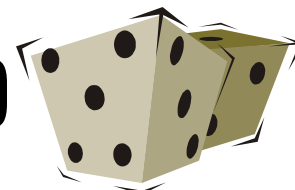
VAFB RAFTING TEAM -

Seeking volunteers for White Water Guide School!

For information, call 606-5908.

LAS VEGAS TURNAROUND

Vandenberg Leisure Tours



MARCH 3-4 \$40 (with \$25 returned-see below)

Transportation by large, restroom-equipped motorcoach.

Leave base at 6 a.m., arrive California Hotel & Casino downtown Las Vegas approximately 3 p.m. Twelve hours to spend as you wish - NO monitoring. \$25 back in cash, play & food coupons. Leave Las Vegas 3 a.m. - arrive at base approximately noon, Sunday.

For reservations, call 606-7976

BOWLING CENTER

EVERY THURSDAY NIGHT -

Family Night with "Thunder Alley" & Rock 300, 6-9 p.m. Three hours of bowling with "Thunder Alley" including rental shoes. (No other specials honored.)

YOUTH CENTER

DANCE - Saturday, 6-8 p.m. \$2 members, \$3 nonmembers.

GOLF

SCGA TEAM PLAY -

Saturday, Sterling at Vandenberg.

**LADIES GOLF CHALLENGE
PROFESSIONAL PRO-AM GOLF
TOURNAMENT** - Jan. 29.

FITNESS CENTER

BASE RUNNING TRACK - will be closed for resurfacing until Feb. 6. Contact the Fitness Center for more information on the new track surface.

PRECISION CYCLING -

Additional class: every Wednesday, noon to 12:45 p.m.

Active-duty military have priority in the **CARDIO ROOM** from 11:30 a.m. to 1:30 p.m. and 4:30 to 6 p.m., Monday through Friday. (If exercise equipment is not in use, all customers are welcome to use it. Military still have first priority during these hours.)



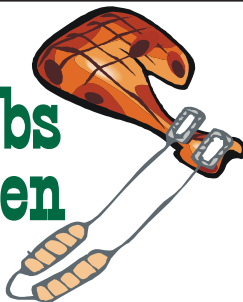
REMINDERS...

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Adults: **\$9.95**
Children 4 to 12 **\$7.75** per year
Under 4 years old **FREE!**
10 a.m. - 1 p.m.
First Come, First Served!

**BBQ
Pork Ribs
& Chicken
Buffet**



Tuesday-All U Care to eat!
\$8.95

6 - 8 p.m. at the Pacific Coast Club

**PRICE
IS
RIGHT**

with
Bob
Barker

Vandenberg Leisure Tours
TV TAPING TRIP
March 7

\$40 Transportation & Seating Guaranteed

Must be 18 years of age.

Must have two forms of ID, such as driver's license and Social Security card or legal document with Social Security number on it.

For information, call 606-7976

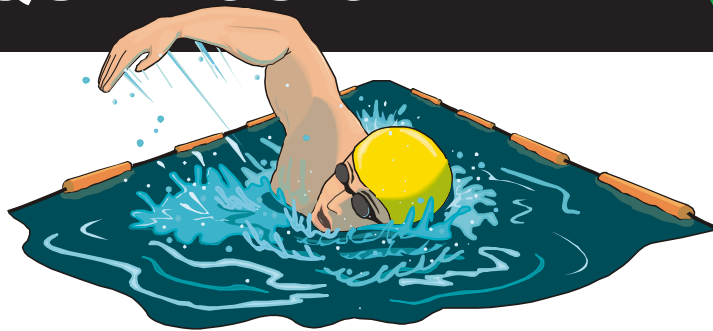
30th Services

NEWS

FAMILY AQUATICS CENTER

YOUTH SPORTS

AQUATIC PROGRAMS



WATER EXERCISE CLASS

This program is a time set aside for those who want to have a great workout and fun at the same time, without the impact of land-based exercise programs.

Cost: \$3 per class or \$20 per month.

PRIVATE SWIMMING LESSONS

Give your child or yourself the opportunity to learn new water skills and refine current skills while working one-on-one with an instructor. You or your child will receive the attention necessary to overcome fears, concentrate on specific strokes, and develop confidence while swimming. Private lessons meet 45 minutes Monday through Friday for one week.

Cost: \$50 per week.

SWIM TEAM

Catch the wave of excitement! The **Central Coast Marlins** is a year-round competitive swim club for ages 5-18. The club offers all levels ranging from beginners to the national level. Fees vary according to ability. Come and try it out ... your first week is free!

For more information, please call 606-3581

Are You Looking For An EXCITING SUMMER JOB????

The VAFB Family Aquatics Center is seeking qualified, responsible and motivated individuals to join our summer staff as **LIFEGUARDS**

or **SWIM INSTRUCTORS!**

If you are interested, please call Jennifer at 606-3581.

VAFB YOUTH BASEBALL LEAGUE

Ages 5 - 13

Registration:
at the Youth Center
ongoing
through March 2
(or until teams are full)

Cost: \$40

(\$35 for Youth Center Members)
For more information, contact the Youth Center at 606-2152, or the Youth Sports Office at 606-9374.



The New Diana YOUTH SOFTBALL LEAGUE

Ages 6 - 15

Registration:
at the Youth Center
ongoing through February 16
(or until teams are full)

Cost: \$40

(\$35 for Youth Center Members)
For more information, contact the Youth Center at 606-2152, or the Youth Sports Office at 606-9374.



DON'T MISS OUT!

ATTENTION! ATTENTION!



The NAF Human Resources Office

has jobs available for off-duty military, family members and civilians. For a list of current positions call the job information line, 606-8743, or stop by Building 11777, room B-109 to pick up an application.

DINING FACILITY

Home Recipe Program

Submit your awesome home recipe and you could be eating a nice 'home cooked' meal that you've missed since basic training! If your recipe is chosen, your name will appear on the menu board by the meal item. Grab your family recipe and bring it to the AETC Dining Facility supervisor, and we'll make it for you!

DIAL-A-MENU phone number for the AETC Dining Facility is 605-2595.

